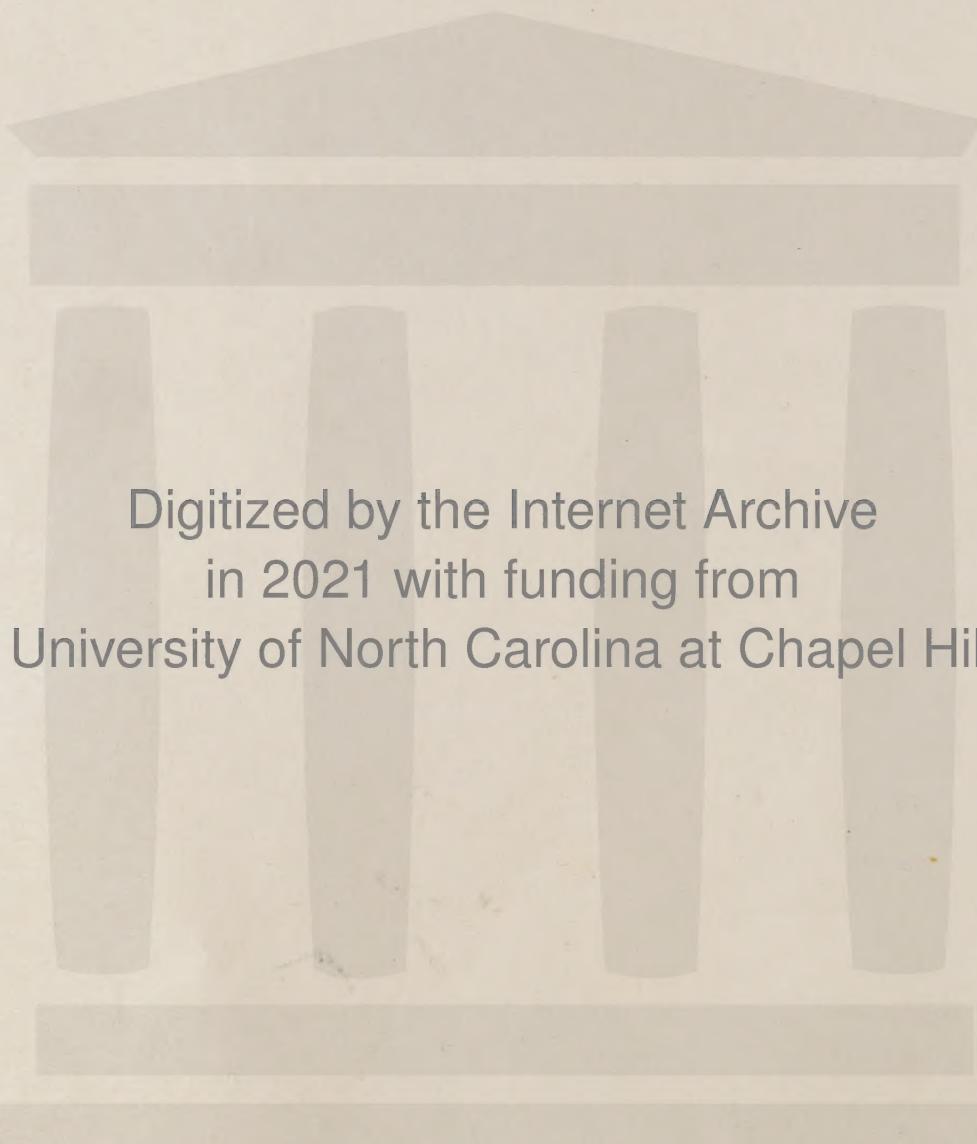


THE SANBAR

HOLDEN BEACH
N.C.



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Beach favorites

Jean and Eunice Campbell

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SHRIMP

Shrimp caught around Holden Beach are delicious:

To cook shrimp: Wash thoroughly, boil 4 or 5 min. in a covered pot (very large shrimp might take a little longer) using enough salted water to cover. Peel shell off body, pinch shrimp out of the tail and remove black line. Chill for cocktails.

FRIED SHRIMP

1 pound raw shrimp	Cracker meal
2 eggs	Fat for frying
2 T. milk or water	Salt and pepper

Peel shrimp and dip each in egg which has been beaten and mixed with milk or water. Roll in cracker meal to which salt and pepper has been added. Fry in hot deep fat until golden brown. Drain and serve hot with the following sauce:

SHRIMP COCKTAIL SAUCE

4 raw egg yolks	1/2 teaspoon hot sauce
1 quart salad oil	Juice 2 lemons
1 teaspoon salt	1 tablespoon vinegar
	1 bottle tomato catsup

Beat egg yolks. Mix in separate bowl the salt, hot sauce, lemon juice and vinegar. Gradually add oil and sauce to eggs. Mix well and then add catsup. (Will keep indefinitely in refrigerator).

SPICED PICKLED SHRIMP

2 pounds shrimp	1 cup olive oil
bay leaves	1 teaspoon sugar
6 small white onions	Handful pickling spices
1/4 C. tarragon vinegar	1 t. worchestershire sauce
2 teaspoons salt	1/2 teaspoon dry mustard

In a crock, put layer of boiled shrimp, layer of bay leaves (about 5) and a layer of onions, sliced thin. Alternate with shrimp until all are used. Make a French dressing of other ingredients and pour over shrimp. Cover and put in refrigerator for 24 hours, stirring occasionally. Serve over ice in a bowl (use toothpick for each shrimp) for a cocktail party--or you can use it as a salad with lettuce.

SHRIMP CREOLE

3 cups cooked rice	2 cups green peas
2 tablespoons fat	1 tablespoon vinegar
2 onions, sliced	1 teaspoon sugar
4 stalks chopped celery	1 1/2 cups cooked shrimp
1 tablespoon flour	2 teaspoons chili powder
1 teaspoon salt	1 cup water
	2 cups tomatoes

Cook onions and celery until brown in fat. Add flour, seasonings, and slowly add the water. Cook 15 minutes. Add tomatoes, peas, vinegar, sugar and shrimp. Continue cooking 10 minutes more or until shrimp are thoroughly heated. Mold rice either in cones or ring and surround with the Shrimp Creole. Will serve approximately 8.

CRABS

To catch live crabs along the waterway at Holden Beach is fun, and to cook and clean live crabs---plunge downward head first, into rapidly boiling salted water (about 1 teaspoon salt to each quart of water). Boil 25-30 min., then remove from water and drain. Cool. Remove backs first, then separate upper and lower shells and all spongy and orange colored material clinging to the body. Edible part consists of the masses of meat remaining in the body and the small amount in the large claws of the crab. Refrigerate backs (shells) for Deviled Crabs.

DEVILED CRABS

1 pound crab meat	$\frac{1}{2}$ t. black pepper
3 eggs	$\frac{1}{2}$ t. sugar
2 cups mayonnaise	2 cups cracker crumbs
$\frac{1}{4}$ c. worchestershire sauce	Salt to taste
1 teaspoon prepared mustard	$1\frac{1}{2}$ t. Tabasco sauce

Combine ingredients and mix thoroughly. Put crab in shells and sprinkle paprika on top. Bake in hot oven until done. Good served hot with the following Tartar Sauce:

1 t. dry mustard	1/4 t. salt
1/8 t. black pepper	1 t. onion juice (or
1 t. sugar	finely chopped onion)
2 hard-boiled egg yolks	

Mix above ings., stirring very slowly, then add $\frac{1}{2}$ cup olive oil and 2 T. vinegar. As mixture thickens, set in pan of cracked ice, and mix more rapidly until thoroughly blended. Pour in jar--makes about $1\frac{1}{4}$ cups--will keep indefinitely in refrigerator. For added flavor, you could add 1 t. green olives or sour pickles, chopped.

FISH

Even the rare few who claim fish is not for them will like:

FISH STEW

5 pounds King Mackerel	1 pod hot pepper (or more)
5 pounds potatoes	Black pepper and salt to
5 pounds onions	taste
1/4 pound bacon (about)	1 egg per person
1 quart tomato juice or canned tomatoes	

Slice fish, onions, and potatoes. Fry bacon in bottom of very large pot (remove bacon and leave grease). Line bottom of pot with onions first, then layer of potatoes and layer of fish until all are in pot, finishing with layer of potatoes on top. Salt and pepper each layer as you place in pot. Add enough water to cover when boiling. Add pod of hot pepper and tomatoes. Never stir. Cook on very low heat, and the longer it's cooked, the better it will taste. Before serving, break whole eggs into stew and cook until done. Serve with cornbread and slaw.

BAKED FISH

Clean very large fish.

Grease with butter, salt and pepper to taste, and roll in flour.

Place uncovered in shallow baking pan and place bacon strips on top.

Squeeze lemon juice over fish and bake until done, basting with lemon juice and butter while cooking.

OYSTERS

Oyster roasts at Holden Beach is a very practical way to entertain a large crowd, and can be obtained during months that have the letter "r" (September--April). For an oyster roast, allow about 1 peck oysters in shell per person. Roast over an open fire by placing the oysters on a grill a few inches above the coals. Cover oysters with burlap bag. When they begin to pop open, they are ready to serve with melted butter, catsup, chili sauce and crackers. (For just the family, they can be roasted by the same method in the oven.)

FRIED OYSTERS

1 quart oysters	1 cup bread or cracker crumbs
2 eggs, beaten	2 tablespoons milk
2 tablespoons milk	Salt and pepper

Drain oysters; mix eggs, milk and seasonings. Dip oysters in egg mixture and roll in crumbs. Fry in deep fat about 2 minutes or until golden brown. Or you can fry in shallow fat about 2 minutes on one side until brown, turn and fry the other side.

OYSTER STEW

1 quart oysters	4 cups sweet milk
2 tablespoons butter	Tabasco sauce to taste
1/4 teaspoon black pepper	

Heat milk and oysters in separate pots. When hot, combine oysters and milk--add butter and seasonings. Never boil, but cook until oysters shrink a little. Serves 6.

CLAMS

To steam clams in shells:

Wash thoroughly several times, scrubbing the shells with a brush. Clams must be alive. Place in a steamer, and cover tightly. Steam until the shells are partially open. Remove from steamer and serve melted butter seasoned with a few drops of lemon juice.

CLAM CHOWDER

1/2 cup clams	2 tablespoons bacon drippings
1/2 cup onion	1 tablespoon worcestershire
1/2 cup white potatoes	sauce
1 quart water	Salt and pepper to taste

Bring water to boil. Grind together clams, onions, and potatoes. Add this to boiling water and boil for about 15 minutes. Add other ingredients, and cook 30 minutes.

CLAM FRITTERS MADE FROM LEFTOVER CHOWDER

1 cup left-over clam chowder

Mix with 1 cup bread or cracker crumbs

Stir in a raw egg

Form into cakes and fry in hot deep fat.

Good with grits and scrambled eggs for breakfast.

SALADS

SLAW

1 large head cabbage	3/4 cup salad oil
1 large onion	1 cup vinegar
1 green pepper	1 teaspoon dry mustard
1 cup sugar	1 teaspoon celery seeds
	1 tablespoon salt

Shred cabbage in bowl. On top of cabbage, place shredded onion and green pepper. Sprinkle sugar on top of cabbage, onion, and green pepper. Do not stir. Bring other ingredients to boil and pour over cabbage, etc. while hot. Refrigerate at least 4 hours, or preferably overnight. Will keep in refrigerator about a week. Stir and remove from oil before serving.

FROZEN FRUIT SALAD

Soak 1 teaspoon gelatine in 3 tablespoons syrup from canned fruit

Place over hot water until gelatin is dissolved and add slowly to 1/2 cup mayonnaise dressing

Beat 1 cup cream until thick, and gradually beat in the mayonnaise

Fold in 1 to 2 cups fruit, fresh or canned, and cut in small pieces

Season to taste with salt, paprika and powdered sugar.

Turn into refrigerator pan and leave 2 hours. The cream should be frozen but the fruit should not be allowed to freeze. Serve on lettuce with mayonnaise dressing.

CASSEROLES

CHICKEN SUPREME

Butter casserole dish--

1. Place in dish 1 layer country ham (a slice per person)
2. Over top of ham put 1 cup diced celery
3. Brown seasoned chicken breasts in skillet and place over celery (Breasts from fryers)
4. Make gravy, using orange juice instead of water
5. Stir 1 pint sour cream in gravy and pour over chicken
6. Cover and bake 1 hour, 15 minutes at 350°.

This dish can be cooked ahead of time and heated again before serving. Good with Rice a Roni (Chicken flavored).

SCALLOPED TOMATOES

1 can tomatoes	1½ cups bread crumbs
1 teaspoon butter	1 chopped onion
1/4 cup chopped celery	Salt, pepper & sugar to taste.

Butter bottom of baking dish, spread alternate layers of crumbs and tomatoes with chopped celery and onion, ending with bread crumbs on top. Bake in a moderate oven for about an hour.

ASPARAGUS CASSEROLE

1 small can Asparagus	1 cup grated American cheese
1 can mushroom soup	Cracker crumbs
3 hard-boiled eggs	

Alternate layers asparagus, soup, chopped eggs and cheese in baking dish. Top with buttered bread crumbs and bake at 350°.

BAKED LASAGNA

' Meat..Sauce

2 med. onions, chopped fine 2 small cans tomato
1 small green pepper, chopped sauce
1½ pounds lean ground beef 1 crushed garlic clove
Salt and pepper to taste Oregano--1 tablespoon
1 #2 can whole tomatoes Chopped parsley.

Saute onions and pepper in olive oil until soft. Add ground beef and brown. Add other ingredients and simmer for an hour.

Other Ingredients for Lasagna

1 pound Ricotta cheese
2 pkgs. Mozerella cheese
Parmesan cheese (grated)
Lasagna noodle cooked according to directions on
package (about 10 in casserole dish)
Nutmeg

Put small amount of sauce in bottom of casserole dish, then 1 layer of Lasagna noodles, spread the Ricotta cheese on top of the noodle, put a layer of meat sauce next, then slices of Mozerella cheese and a generous sprinkling of Parmesan cheese and a light sprinkling of nutmeg. Make three of these layers and bake 45 minutes in oven at 300 or 350°--or long enough to be sure center is hot. You can "assemble" the Lasagna and put it in the refrigerator and bake it another day. However, if refrigerated, it should be cooked about 1-1/2 hours.

This should serve six.

PIES

These pies are simple and easy to make, and very good with seafood dinners:

VIRGINIA LEMON PIE

Into a bowl place 1 1/2 cups sugar and 2 tablespoons butter. Break into mixture 4 whole eggs, juice 2 lemons, grated rind 1 lemon. Add 2 tablespoons sifted cornmeal. Pour into unbaked pie shell and bake 350° for 35 minutes.

OLD-FASHIONED EGG CUSTARD

Mix 3 egg yolks with 6 tablespoons white sugar. Add 2 cups sweet milk and 1 teaspoon vanilla or lemon flavoring. Bake at 400° 25-30 minutes. Top with meringue from eggs and 3 tablespoons sugar just before done.

COCONUT PIE (MAKES 2)

2 1/2 cups sugar	3 even tablespoons flour
4 eggs	1 tablespoon vanilla
2 cups sweet milk	Can coconut

Mix sugar and flour in mixing bowl. Beat eggs and along with milk and flavoring, add to sugar and flour. Sprinkle top with coconut, and bake in unbaked pie shell at 350° 30 minutes.

BLUEBERRY PIE

Stem and wash 3 cups blueberries. Mix together 1 tablespoon flour and 3/4 cups sugar. Put blueberries in unbaked pie crust and sift flour and sugar on top. Spread on butter, cover with top crust and bake 30 minutes at 350° until done.

CHOCOLATE SHEET CAKE

Sift together in a large mixing bowl:

2 cups regular flour

Bring following mixture to a rapid boil and pour into sugar and flour:

1/2 cup crisco, one stick oleo

1 cup water

4 tablespoons cocoa.

Mix well, and while still mixing add:

1/2 cup buttermilk, one teaspoon soda, 2 eggs,

1 teaspoon vanilla, and 1/4 teaspoon salt.

Preheat oven to 425°. Bake in pan 10x15x2 for 20 minutes. Before cake comes out of oven mix:

1 stick oleo, 4 tablespoons cocoa, 6 tablespoons sweet milk--

Bring to rapid boil and pour over one pound of powdered sugar and add one teaspoon vanilla, one cup chopped pecans. Pour over hot cake as soon as it comes from oven.

BOURBON BALLS

1 stick butter (softened)

1 Box 10 XXX Powdered sugar

1/4 cup bourbon whiskey

1 cup pecans or

50 pieces

Pinch of salt

Soak pecans overnight in whiskey using a shallow dish. Cream butter, gradually add 1/2 cup sugar-- alternate remaining sugar with whiskey not absorbed by nuts. Cool in refrigerator until "set" and form balls with pecans. Place on waxed paper on cookie sheet and return to refrigerator to harden. Melt 1 pkg. Bakers Dot Chocolate with 4 teaspoons melted parafin in double boiler. Dip balls and place on wax paper on cookie sheet and return to refrigerator to cool. Makes 50 balls. (Broken or chopped pecans may be used).

